

Miso Cod & Pickled Ginger Slaw



This is a maximum wow factor, minimum effort kind of meal, and an ode to the infamous miso black cod served at Nobu & ROKA.

I'm using regular cod because it's easy to get hold of and it's neutral flavour profile takes on the rich, deep, sweetness of the marinade really well.

What I love about this recipe is that you can whisk together the marinade, coat the fish, leave it for 1-2 days then grill hard & fast to create a nice char, or even roast and torch the top.

It works really well if you're feeding a crowd but maintains the elegance of a restaurant quality dish.

I've created a sort of sesame slaw rice mixture to have alongside it - the sesame oil providing a deep savoury note against the marinade with

crunchy cabbage & mange-tout providing texture against the softness of the cod.

So let's get into it!

FULL RECIPE

Ingredients (serves 2)

For the cod:

2 chunky pieces of cod fillet (around 150g per piece)

1 heaped tbsp white miso

1 heaped tbsp light brown sugar

2 heaped tbsp mirin

2 heaped tbsp sake or shaoxing rice wine

1 tsp light soy sauce

For the slaw:

1/2 sweetheart (hispi) cabbage - finely sliced/shredded

50g mangetout

2 spring onions - finely sliced

1 heaped tbsp pickled ginger - roughly chopped

200g pouch of basmati rice - cook to packet instructions

For the slaw dressing:

1 tbsp tahini

1 tbsp sesame oil

1 tbsp light soy sauce

1 tsp honey

1 lime - zest & juice

Splash of water to loosen if needed

Chilli oil to garnish

Method:

Start 1-2 days before you want to eat this to give ample marination time. Whisk together the miso, sugar, mirin, sake and soy sauce until smooth. Lay out the fish onto a tray then pour over the marinade, rotating the fish to make sure it's completely coated. Cover with cling film and leave in the fridge for up to 2 days.

For the pickled ginger slaw, blanch the mange-tout for 10 seconds in boiling water then plunge into cold water. Prepare the other vegetable ingredients and mix the dressing ingredients until you achieve a smooth pourable consistency, using cold water to loosen if necessary. If the dressing is too thick, it will be a cloying texture amongst the vegetables.

Heat the rice to packet instructions then mix everything in a large mixing bowl.

Take the fish, remove the cling film and place under a grill on maximum temperature. You want to caramelise the top of each piece of fish. Cod cooks very quickly so it will be cooked through by the time you've achieved this in a hot grill.

Pile up the rice slaw mixture into bowls, drizzle over the chilli oil (as much as you like) and top with the blackened fish. Enjoy!